

# MENU

PS, Lower & Middle School

MARCH 3-7



## **M** Entrée

Cheese Tortellini – Marinara Sauce

Hand Pulled Chicken

Three Cheese Semolina Bread

Buttered Peas & Carrots

## **T** Entrée

★ Three Cheese Quesadilla

Sour Cream & Pico de Gallo

Steamed White Rice & Pinto Beans

Fajita Style Veggies

## **W** Entrée

★ Beef Sloppy Joe or Lentil Sloppy Joe

Roasted Red Potatoes

Steamed Green Beans

**Dessert** USM Sugar Cookies (MS)

## **Th** Entrée

Creamy Mac & Cheese

Shredded Chicken

Parker House Dinner Roll

Steamed Broccoli

## **F** Entrée

Beef Hamburgers or Black Bean Burger

Steak Fries

Steamed Cauliflower

**Dessert** Cinnamon Sugar Donut Holes (LS/MS)

## Programming

★ Fat Tuesday Specials

★ Ash Wednesday

## Daily Offerings

### Deli Bar

Assortment of Deli Meats &  
Cheeses Variety of Local Breads  
Assorted Toppings

### Salad Bar

Seasonal Gourmet Greens  
Daily Seasonal Salad Selection  
Assortment of Freshly Cut  
Toppings  
Fresh Cut Fruit  
Grains & Legumes  
House-Made Salad Dressings  
House-Made Croutons  
Prepared Deli Salads.  
Assorted Hand Fruit  
Flavored Low-Fat Yogurt

### Beverages

2% Milk  
Chocolate Milk (Mondays & Thursdays)

## HANDCUT FOODS

# MENU

PS, Lower & Middle School

MARCH 10-14



## **M** Entrée

Cavatappi Pasta - Marinara Sauce  
Roasted Italian Sausage or Vegan Sausage  
Warm Asiago Cheese Roll  
Steamed Green Beans

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## **T** Entrée

Ground Beef Tacos  
Vegan Chorizo & Tofu Taco  
Steamed White Rice & Refried Beans  
Buttered Corn

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## **W** Entrée

Shredded Italian Beef Sandwiches or  
Three Cheese Melt  
Parmesan Tater Tots & Steamed Broccoli

**Dessert** Oatmeal Raisin Cookies (MS)

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## **Th** Entrée

Warm Turkey & Cheddar Melt or  
Grilled Cheese  
Potato Chips  
Honey Glazed Carrots

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## **F** Entrée

French Bread Pizza  
Garlic-Parmesan Bread Sticks  
Steamed Cauliflower

**Dessert** Oreo Cookies (LS/MS)

### Friday Programming

★ Pi DAY

★ Lent – Fish Special

### Daily Offerings

#### Deli Bar

Assortment of Deli Meats &  
Cheeses Variety of Local Breads  
Assorted Toppings

#### Salad Bar

Seasonal Gourmet Greens  
Daily Seasonal Salad Selection  
Assortment of Freshly Cut  
Toppings  
Fresh Cut Fruit  
Grains & Legumes  
House-Made Salad Dressings  
House-Made Croutons  
Prepared Deli Salads,  
Assorted Hand Fruit  
Flavored Low-Fat Yogurt

#### Beverages

2% Milk  
Chocolate Milk (Mondays & Thursdays)

**HANDCUT FOODS**

# M E N U

PS, Lower & Middle School  
MARCH 17-21



## M Entrée

Cheese Ravioli with Marinara Sauce  
Hand Pulled Chicken  
Warm Focaccia Bread  
Steamed Green Beans

No Service  
3/17-3/21  
Spring Break

## T Entrée

Adobo Style Turkey Tacos or  
Vegan Chorizo & Tofu Taco  
Steamed Rice & Fajita Style Veggies  
Cumin-Lime Black Beans

No Service  
3/17-3/21  
Spring Break

## W Entrée

Chicken Teriyaki or Sweet Chili Fried Tofu  
Steamed White Rice  
Steamed Broccoli  
Dessert Snickerdoodle Cookies (MS)

No Service  
3/17-3/21  
Spring Break

## Th Enirée

House Made Cinnamon French Toast - Maple Syrup  
Turkey Sausage Links  
Vegan Breakfast sausage w/ hash  
Hash Brown Potatoes

No Service  
3/17-3/21  
Spring Break

## F Entrée

All-Beef Hot Dogs or Beyond Brat-Assorted Toppings  
Peas & Carrot Medley  
Baked Beans  
Potato Chips  
Dessert Fudge Brownies (LS/MS)

No Service  
3/17-3/21  
Spring Break

### Daily Offerings

#### Deli Bar

Assortment of Deli Meats &  
Cheeses Variety of Local Breads  
Assorted Toppings

#### Salad Bar

Seasonal Gourmet Greens  
Daily Seasonal Salad Selection  
Assortment of Freshly Cut  
Toppings  
Fresh Cut Fruit  
Grains & Legumes  
House-Made Salad Dressings  
House-Made Croutons  
Prepared Deli Salads.  
Assorted Hand Fruit  
Flavored Low-Fat Yogurt

#### Beverages

2% Milk  
Chocolate Milk (Mondays & Thursdays)

### HANDCUT FOODS

# MENU

PS, Lower & Middle School  
MARCH 24-28



## M Entrée

Penne Pasta with Marinara Sauce  
Roasted Beef Meatballs or  
Sliced Italian Vegan Sausage  
Sliced French Bread & Steamed Broccoli

No Service  
3/24-3/28  
Spring Break

## T Entrée

Shredded Chicken Tingo Tacos or  
Vegan Chorizo & Tofu Taco  
White Rice & Refried Beans  
Adobo Roasted Zucchini

No Service  
3/24-3/28  
Spring Break

## W Entrée

Classic Grilled Cheese  
Roasted Red Potatoes  
Steamed Green Beans  
Dessert M & M Cookies (MS)

No Service  
3/24-3/28  
Spring Break

## Th Entrée

Hand Breaded Buffalo Chicken Tenders or  
Breaded Buffalo Vegan Nuggets  
Buttered Corn  
Mashed Potatoes With Gravy

No Service  
3/24-3/28  
Spring Break

## F Entrée

Three Cheese Pizza Bagel  
Roasted Kielbasa or Vegan Sausage  
Sliced French Bread  
Honey Glazed Carrots  
Dessert Rice Krispy Bars (LS/MS)

No Service  
3/24-3/28  
Spring Break

### Daily Offerings

#### Deli Bar

Assortment of Deli Meats &  
Cheeses Variety of Local Breads  
Assorted Toppings

#### Salad Bar

Seasonal Gourmet Greens  
Daily Seasonal Salad Selection  
Assortment of Freshly Cut  
Toppings  
Fresh Cut Fruit  
Grains & Legumes  
House-Made Salad Dressings  
House-Made Croutons  
Prepared Deli Salads.  
Assorted Hand Fruit  
Flavored Low-Fat Yogurt

#### Beverages

2% Milk  
Chocolate Milk (Mondays & Thursdays)

### HANDCUT FOODS

# MENU

PS, Lower & Middle School  
MARCH 31 - April 4



## M Entrée

- ★ Hot Dogs with Assorted Toppings or Vegan Brat
- Warm Pretzels with Cheese Sauce
- Buttered Corn

## T Entrée

- ★ Three Cheese Quesadilla
- Sour Cream & Pico de Gallo
- Steamed White Rice & Pinto Beans
- Fajita Style Veggies

## W Entrée

- Beef Sloppy Joe or Lentil Sloppy Joe
- Roasted Red Potatoes
- Steamed Cauliflower

**Dessert** Confetti Sugar Cookie (MS)

## Th Entrée

- Creamy Mac & Cheese
- Shredded Chicken
- Parker House Dinner Roll
- Steamed Broccoli

## F Entrée

- ★ Cheese Tortellini – Marinara Sauce
- Hand Pulled Chicken
- Three Cheese Semolina Bread
- Buttered Peas & Carrots

**Dessert** Cinnamon Sugar Donut Holes (MS)

### Programming

- ★ MLB – Opening Day Tailgate Menu
- ★ National Sourdough Day
- ★ Lent Special

### Daily Offerings

#### Deli Bar

Assortment of Deli Meats & Cheeses  
Variety of Local Breads  
Assorted Toppings

#### Salad Bar

Seasonal Gourmet Greens  
Daily Seasonal Salad Selection  
Assortment of Freshly Cut Toppings  
Fresh Cut Fruit  
Grains & Legumes  
House-Made Salad Dressings  
House-Made Croutons  
Prepared Deli Salads.  
Assorted Hand Fruit  
Flavored Low-Fat Yogurt

#### Beverages

2% Milk  
Chocolate Milk (Mondays & Thursdays)

**HANDCUT FOODS**

# MENU

PS, Lower & Middle School

APRIL 7-11



## **M** Entrée

Cavatappi Pasta - Marinara Sauce  
Roasted Italian Sausage or Vegan Sausage  
Steamed Green Beans  
Warm Asiago Cheese Roll

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## **T** Entrée

Ground Beef Tacos or  
Vegan Chorizo & Tofu Taco  
Steamed Rice & Refried Beans  
Buttered Corn

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## **W** Entrée

Shredded Italian Beef Sandwiches or  
Three Cheese Melt  
Parmesan Tater Tots & Steamed Broccoli

**Dessert** Oatmeal Raisin Cookies (MS)

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## **Th** Entrée

Warm Turkey & Cheddar Melt or  
Classic Grilled Cheese  
Honey Glazed Carrots  
Potato Chips

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## **F** Entrée

★ French Bread Pizza  
Garlic-Parmesan Bread Sticks  
Roasted Cauliflower

**Dessert** Oreo Cookies (LS/MS)

## Programming

★ Lent Special

## Daily Offerings

### Deli Bar

Assortment of Deli Meats &  
Cheeses Variety of Local Breads  
Assorted Toppings

### Salad Bar

Seasonal Gourmet Greens  
Daily Seasonal Salad Selection  
Assortment of Freshly Cut  
Toppings  
Fresh Cut Fruit  
Grains & Legumes  
House-Made Salad Dressings  
House-Made Croutons  
Prepared Deli Salads.  
Assorted Hand Fruit  
Flavored Low-Fat Yogurt

### Beverages

2% Milk  
Chocolate Milk (Mondays & Thursdays)

**HANDCUT FOODS**

# MENU

PS, Lower & Middle School

APRIL 14-18



## M Entrée

- ★ Cheese Ravioli – Marinara Sauce
- Hand Pulled Chicken
- Steamed Green Beans
- Warm Focaccia Bread

## T Entrée

- Adobo Style Turkey Tacos or Vegan Chorizo & Tofu Taco
- Steamed Rice & Fajita Style Veggies
- Cumin-Lime Black Beans

## W Entrée

- Chicken Teriyaki or Sweet Chili Fried Tofu
- Veggie Fried Rice
- Steamed Broccoli

**Dessert** Snickerdoodle Cookie (MS)

## Th Entrée

- House Made Cinnamon French Toast - Maple Syrup
- Turkey Sausage Links & Hash Brown Potatoes
- Vegan Breakfast Sausage Pattie

**Dessert** Fudge Brownies (LS/MS)

## F Entrée

- All-Beef Hot Dogs or Beyond Brat-Assorted Toppings
- Peas & Carrot Medley
- Baked Beans
- Potato Chips

No Service

4/18

Good Friday

## Programming

★ Passover Special (Mon.-Thur)

## Daily Offerings

### Deli Bar

Assortment of Deli Meats & Cheeses Variety of Local Breads Assorted Toppings

### Salad Bar

Seasonal Gourmet Greens  
Daily Seasonal Salad Selection  
Assortment of Freshly Cut Toppings  
Fresh Cut Fruit  
Grains & Legumes  
House-Made Salad Dressings  
House-Made Croutons  
Prepared Deli Salads.  
Assorted Hand Fruit  
Flavored Low-Fat Yogurt

### Beverages

2% Milk  
Chocolate Milk (Mondays & Thursdays)

**HANDCUT FOODS**

# M E N U

PS, Lower & Middle School

APRIL 21-25



## M Entrée

- ★ Penne Pasta with Marinara Sauce
- Roasted Beef Meatballs or
- Sliced Italian Vegan Sausage
- Sliced French Bread & Steamed Broccoli

### Programming

- ★ National Chickpea Day
- ★ Earth Day
- ★ National Cheesecake Day

### Daily Offerings

#### Deli Bar

Assortment of Deli Meats & Cheeses  
Variety of Local Breads  
Assorted Toppings

#### Salad Bar

Seasonal Gourmet Greens  
Daily Seasonal Salad Selection  
Assortment of Freshly Cut Toppings  
Fresh Cut Fruit  
Grains & Legumes  
House-Made Salad Dressings  
House-Made Croutons  
Prepared Deli Salads  
Assorted Hand Fruit  
Flavored Low-Fat Yogurt

#### Beverages

2% Milk  
Chocolate Milk (Mondays & Thursdays)

### HANDCUT FOODS

## T Entrée

- ★ Shredded Chicken Tinga Tacos
- Vegan Chorizo & Tofu Taco
- White Rice & Refried Beans
- Adobo Roasted Zucchini

## W Entrée

- ★ Grilled Three Cheese Melt
- Roasted Red Potatoes
- Steamed Green Beans

**Dessert** New York Style Cheesecake (MS)

## Th Entrée

- Hand Breaded Buffalo Chicken Tenders
- Breaded Buffalo Vegan Nuggets
- Buttered Corn
- Mashed Potatoes with Gravy

## F Entrée

- Three Cheese Pizza Bagel
- Roasted Kielbasa or Vegan Sausage
- Sliced French Bread
- Honey Glazed Carrots

**Dessert** Rice Krispy Bars (LS/MS)



# MENU

PS, Lower & Middle School  
APRIL 28 – MAY 2



## M Entrée

Cheese Tortellini – Marinara Sauce  
Hand Pulled Chicken  
Three Cheese Semolina Bread  
Buttered Peas & Carrots

## T Entrée

### ★ Three Cheese Quesadilla

Sour Cream & Pico de Gallo  
Steamed White Rice & Pinto Beans  
Fajita Style Veggies

## W Entrée

### ★ Beef Sloppy Joe or Lentil Sloppy Joe

Roasted Red Potatoes  
Steamed Green Beans

**Dessert** USM Sugar Cookies (MS)

## Th Entrée

Creamy Mac & Cheese

Shredded Chicken

Parker House Dinner Roll

Steamed Broccoli

## F Entrée

Beef Hamburgers or Black Bean Burger

Steak Fries

Steamed Cauliflower

**Dessert** Cinnamon Sugar Donut Holes (LS/MS)

## Programming

★ Fat Tuesday Specials

★ Ash Wednesday

## Daily Offerings

### Deli Bar

Assortment of Deli Meats &  
Cheeses Variety of Local Breads  
Assorted Toppings

### Salad Bar

Seasonal Gourmet Greens  
Daily Seasonal Salad Selection  
Assortment of Freshly Cut  
Toppings  
Fresh Cut Fruit  
Grains & Legumes  
House-Made Salad Dressings  
House-Made Croutons  
Prepared Deli Salads.  
Assorted Hand Fruit  
Flavored Low-Fat Yogurt

### Beverages

2% Milk  
Chocolate Milk (Mondays & Thursdays)

## HANDCUT FOODS